

sauteed Breakfast Vegetables180

Number of Servings: 180 (194.09 g per serving)

Amount	Measure	Ingredient
6 1/2	gal	Squash, summer, all types, fresh, slices
4 1/2	gal	Onion, white, fresh, chpd
4 1/2	gal	Asparagus, fresh
9.00	cup	Oil, canola

Nutrients per serving

Nutrition Facts	
Serving Size (194g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 3g	
Vitamin A 10%	Vitamin C 30%
Calcium 4%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Combine summer squash slices, chopped onions and asparagus cut into bite sized pieces. Saute asparagus and onion in canola oil until firm but tender, add squash saute short time to keep from getting overdone. Finished product should be crisp tender and lightly browned. Saute over medium heat on stovetop or in 400 degree oven, stirring often. If more moisture is needed, small amount of low sodium broth may be added when sauteeing vegetables. Serve hot, at 160 degrees or hotter. Serve 1 C sauteed vegetables per serving for breakfast. 1 C serving = 1/2 CS